



Runnymede  
Family Centre

# NEWSLETTER – NOVEMBER 2023

email us: [info@runnymede-familycentre.org](mailto:info@runnymede-familycentre.org)

visit us: [www.runnymede-familycentre.org](http://www.runnymede-familycentre.org)

call us: 01784 464395



The following information is for parents, carers and RFC partner agencies, we hope you find it useful.

Please find us, like us and follow us on our facebook page!

We will update the page with the latest information and signposting.



**We have a paediatric first aid class for parents/carers at our Addlestone site on Tuesday 21st November, 7–9pm. If you would like to attend please contact Runnymede Family Centre. The cost of the class is £10, non refundable**



<b>CHICKENPOX</b> CHILD SHOULD STAY HOME UNTIL ALL SPOTS HAVE CRUSTED OVER	<b>CONJUNCTIVITIS</b> NO NEED TO STAY OFF SCHOOL/NURSERY BUT STAFF SHOULD BE INFORMED.	<b>DIARRHOEA &amp; VOMITING</b> 48 HOURS FROM LAST EPISODE
<b>GLANDULAR FEVER</b> NO NEED TO STAY OFF SCHOOL/NURSERY BUT STAFF SHOULD BE INFORMED.	<b>HAND, FOOT &amp; MOUTH</b> NO NEED TO STAY OFF SCHOOL/NURSERY BUT STAFF SHOULD BE INFORMED.	<b>IMPETIGO</b> UNTIL LESIONS ARE CRUSTED & HEALED OR 48 HOURS AFTER STARTING ANTIBIOTICS
<b>MEASLES OR GERMAN MEASLES</b> 4 DAYS FROM ONSET OF RASH	<b>MUMPS</b> 5 DAYS FROM ONSET OF SWELLING	<b>SCABIES</b> UNTIL AFTER FIRST TREATMENT

DAISY FIRST AID SAVE THIS POST

<b>SCARLET FEVER</b> 24 HOURS AFTER STARTING ANTIBIOTICS	<b>SLAPPED CHEEK</b> NO NEED TO STAY OFF SCHOOL/NURSERY BUT STAFF SHOULD BE INFORMED.	<b>WHOOPING COUGH</b> 48 HOURS AFTER STARTING ANTIBIOTICS
<b>FLU</b> UNTIL THEY ARE RECOVERED	<b>HEAD LICE</b> NO NEED TO STAY OFF SCHOOL/NURSERY BUT STAFF SHOULD BE INFORMED.	<b>THREADWORMS</b> NO NEED TO STAY OFF SCHOOL/NURSERY BUT STAFF SHOULD BE INFORMED.
<b>TONSILLITIS</b> NO NEED TO STAY OFF SCHOOL/NURSERY BUT STAFF SHOULD BE INFORMED.	<b>COVID-19</b> THIS GUIDANCE IS THAT IF YOUR CHILD HAS MILD SYMPTOMS SUCH AS A RUNNY NOSE, SORE THROAT OR MILD COUGH, AND THEY FEEL WELL ENOUGH, THEY CAN GO TO SCHOOL OR CHILD CARE.	

DAISY FIRST AID SAVE THIS POST



**We have another Action for Carers Information and advice session on Tuesday 16th January at 10am**



**Barbara will be at our Addlestone site, Church road, Addlestone KT15 1SH. Parents can drop in to see what support is available to them.**



Children and Family Health Surrey

**Has your child missed their FLU vaccination at school?**

**If unsure, please call 01483 794887**

**We are offering a drop-in clinic for the seasonal FLU vaccine for children who may have missed this vital vaccination at school. Nurses will be available to discuss any queries you have regarding vaccinations**

**WHERE:** The Runnymede Family Centre, Hythe Primary School, Thorpe Road, Staines-upon-Thames, Surrey TW18 3HD  
**WHEN:** Thursday 2nd November between 3pm & 4.30pm  
**No appointment required, just turn up**  
**Please use the entrance from the main road, and not through the school car park.**



## Job Club



**Looking for work? Come and visit the Job Club at Runnymede Family Centre (Addlestone) for one of our 1:1 sessions with ADP. Offering support with CV writing/updating, Interview techniques and help with online job applications**



**All sessions are from 10am-12pm:**  
Tuesday 21st November 2023  
Tuesday 19th December 2023

**Please contact 01784 464395 for further details and to book your 30 minute session**

**We are often asked about what groups are running in the Runnymede area.**

**The Family Information Directory is a fantastic place to find local baby and toddler groups. Search the directory here: <https://orlo.uk/irJa3> and type in "stay and play", "baby group" or "toddler group" as key words and add your location to have a look at what's close to you!**

## Find local baby and toddler groups

Family Information Directory

Find registered childcare, family activities, holiday clubs and support groups near you.

Keyword(s)

Location

Search



# Beacon Life

**REVIVE**  
COFFEE SHOP

To book either The Beacon or Revive  
email: [bookings@beaconchurch.net](mailto:bookings@beaconchurch.net)

## Little Lights Baby & Toddler Group

**Mondays** (Term time only)  
9.30am–10.45am (newborn–4 years)  
11.00am–12.10pm (newborn–4 years)  
Online booking required - £2 per family  
Contact Lizzie at: [little.lights@beaconchurch.net](mailto:little.lights@beaconchurch.net)  
Tel: 01932 569405 | [www.little-lights.net](http://www.little-lights.net)

## Playball Multi-sport Classes (Term time)

**Tuesdays**  
9.30am–11.00am  
Contact Mike at:  
[ar@playballkids.com](mailto:ar@playballkids.com)  
Tel: 07488 581123  
[www.playballkids.com](http://www.playballkids.com)

## Runnymede Foodbank

**Wednesdays**  
10.00am–12.00pm  
Contact Jenny or Sarah:  
Email: [info@runnymede.foodbank.org.uk](mailto:info@runnymede.foodbank.org.uk)  
Tel: 01932 943056  
[www.runnymede.foodbank.org.uk](http://www.runnymede.foodbank.org.uk)

## Salsa Classes

with Rubies Dance Centre  
**Wednesdays 7.00pm–9.00pm**  
Contact Emily at: [rubies@me.com](mailto:rubies@me.com)

## Jam Fam Fit Buggy Fitness Classes

**Fridays 10.00am–11.00am**  
Contact Hannah at:  
Tel: 07904 816452

## Chertsey Maths Club

(Term time only)  
**Mondays 4.00pm–6.00pm**  
**Tuesdays 4.00pm–6.00pm**  
Contact Natalia at:  
[chertseymaths@outlook.com](mailto:chertseymaths@outlook.com)  
[www.chertseymaths.org](http://www.chertseymaths.org)

## Alcoholics Anonymous Men's Feelings Group

(focussing on the feelings and emotions that can lead to an addiction to drink)  
**Tuesdays 7.30pm–9.00pm**

## Eat Well Spend Less

A 6-week course learning to cook healthily and on a budget—for free.  
For upcoming course dates please contact Helen at:  
[eatwellspendless@runnymede.foodbank.org.uk](mailto:eatwellspendless@runnymede.foodbank.org.uk)  
or call Runnymede Foodbank on 01932 943056

## Infant Feeding Support Group

**Mondays in Revive**  
10.30am–12.30pm (for babies under 28 days)  
12.30pm–1.30pm (for babies over 28 days)

## Ukrainian Drop In Session

For Ukrainian families and hosts  
**Tuesdays in Revive**  
12.30pm–2.00pm  
Contact Oksana at:  
Tel: 01932 571122  
[oksana@voluntarysupport.org.uk](mailto:oksana@voluntarysupport.org.uk)

## Chertsey Woolcraft Guild

**1st Saturday 10.30am–12.30pm**  
**3rd Sat & 4th Tue 1.00pm–3.00pm in Revive**  
Contact Marion at:  
[marionborthwick2506@gmail.com](mailto:marionborthwick2506@gmail.com)

## Glo Youth Group (Term time only)

**Fridays 7.30pm–9.30pm**  
For school years 7–13  
Contact Dave at:  
Tel: 01932 569405

**family lives**

**Family lives offer support and advice, call their helpline on**

**0808 800 2222, email them at [askus@familylives.org.uk](mailto:askus@familylives.org.uk) or you can chat online via their Live Chat service.**

**You can also visit the online forum community to share dilemmas, experiences and issues with others who understand the ups and downs of family life**



**Your LIBRARY WHERE IT HAPPENS**  
[surreycc.gov.uk/libraries](http://surreycc.gov.uk/libraries)

### Activities Include:

**Half Term Craft activities**  
**Rhymetime & Storytime**  
**Knit and Natter Groups**  
**Reading Groups for all ages**  
**Walk in Health Clinic (Chertsey)**  
**Digital Buddy Service**  
**Meet the Beat**  
**Coffee and Cake mornings**  
**Code Club for children aged 9–15 years**

**To find out more information visit:**

**<https://www.surreycc.gov.uk/libraries/news-and-events/regular-events-reading-groups>**



**Mindworks Surrey**  
**Neurodevelopmental helpline for parents of children with ADHD and autism**  
**Open 5pm to 11pm every day**  
**Call : 0300 222 5755**

### Reminder

Whatever your concerns about a child's safety or wellbeing, share them with us.

**0808 800 5000**

**[help@NSPCC.org.uk](mailto:help@NSPCC.org.uk)**



## EXPERT PARENT PROGRAMME

**Challengers**  
Surrey County Council

Surrey resident parent carers are invited to join us on this peer-led workshop helping you get the best from the NHS health and care system. Equipping you with knowledge and tools to increase your skills and confidence in accessing services to ensure the best outcomes for your disabled children and young people.

Book your free space online



### Workshop topics

- Person centred approaches to care
- Making the most of appointments
- Using language effectively
- Moving towards outcomes
- Needs, Rights, Levers and Laws
- Local and National health system
- Looking after yourself as a carer

### In-Person Workshop Dates and Times:

- Mon 9th Oct 9.45am to 2.15pm - General Session
- Wed 8th Nov 9.45am to 2.15pm - Transition to Adulthood (age 14+)
- Tues 23rd Jan 9.45am to 2.15pm - Complex Health Needs Transition to Adulthood (age 14+)
- Tues 19th Mar 9.45am to 2.15pm - Early Years (0 to 5 years)

### Online Workshop over two evenings, 7pm to 9pm:

- Wed 22nd Nov & Wed 29th Nov - General Session
- Thur 22nd Feb & Thur 29th Feb - Transition to Adulthood (age 14+)

**COUNCIL FOR DISABLED CHILDREN**

Contact us for more information  
thehub@disability-challengers.org  
01483 961962



## Baby Bubble

For Mums and their under Ones

Wednesdays  
at  
Family Centre  
Hythe Primary School  
Thorpe Road  
Staines  
TW183HD

Thursdays  
at  
Family Centre  
121 Church Road  
Addlestone  
KT15 1SH



A welcoming space to relax, feel at ease, make friends and enjoy time with baby and it's free...

Every week 10.30 to 12.00 (excluding bank holiday weeks)

Just come along or call Home Start Runnymede and Woking to find out more 01483 740367



**LinkAble**  
enabling - supporting - developing - connecting

## ActAbles Academy

Lights, camera, action!

An inclusive drama group for teens with learning disabilities and/or autism.

### Get involved

This friendly and fun drama group is for everyone, you don't need any acting experience.

- Where: The Link, Woking
- When: Sundays, during term time, 10am - 11am
- Cost: £10 per session (call or email to book)
- Age: 12 - 17

ActAbles Academy is run by drama professionals who specialise in supporting people with complex and varying needs. The group's ultimate aim is to perform together in front of an audience of friends and family—along the way, participants will grow their social skills, make friends and have lots of fun! ActAbles Academy is part of 'Next Steps'—LinkAble's activity programme for teens. Visit our website to find out more.

Find us at:  
The Link, 2 Board School Road, Woking, GU21 5HE  
01483 770037  
info@linkable.org.uk  
www.linkable.org.uk  
LinkAble registered charity 1119296



**Learn how to cook and eat healthily on a budget**  
Join us on Tuesdays from 23rd January 2024 for 6 weeks (break 13th February) 10am–12.30pm at:

**Addlestone Young People & Family Centre,  
Church road, Addlestone KT15 1SH**

**Contact: Helen Bunclark**

**Eastwellspendless@runnymede-foodbank.org.uk or  
Runnymede Foodbank 01932 943056**



**If your child was born between 1st September 2019– 31st August 2020 you can apply for a primary or infant school place from 30th October 2023 until 15 January 2024.**  
**<https://www.surreycc.gov.uk/schools-and-learning/schools/admissions/primary-junior-and-infant/apply>**